

PSYCHOLOGIST SECRETS

TO MAKING NEW YEARS RESOLUTIONS STICK

Noted psychologist and author of *Carrots & Sticks Don't Work*, Dr. Paul Marciano specializes in behavior modification and recommends the following 7 practices.

- Clearly define your goals
- Track your progress
- Have patience
- Publicize your goals to friends & family
- Put it on your schedule
- Stop "all or nothing" thinking
- Get up when you slip up

BURN BABY BURN

HIGH INTENSITY INTERVAL TRAINING

By incorporating a couple of days of higher intensity interval training into your weekly routine you can enhance your health benefits including fat loss, muscle gain, blood pressure reduction and more.

FAT-BURNING HIIT WORKOUT FOR BEGINNERS

Ready for a HIIT challenge? Using your bodyweight, perform these 5 exercises for 30 seconds consecutively for 4 rounds. Rest 60-90 seconds between rounds.

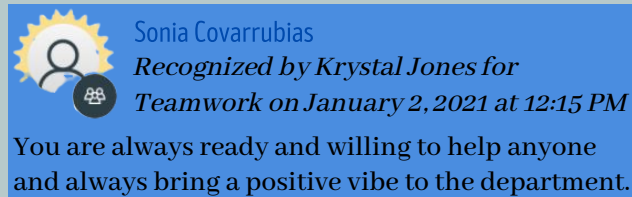
- Jog in place
- High knees
- Bodyweight squats
- Pushups

NEW YEAR, NEW FEATURES

Check out these Virgin Pulse program features brand new for 2021.

SHOUTOUTS

Do you have a co-worker that you feel like deserves some recognition, whether work or wellness related? Use *shoutouts* to tell them how awesome they are! Find this new feature on your homepage under your daily cards.



NEW APP LAYOUT

Virgin Pulse has grouped things together to make it easier for you to get around. Use the new icons at the bottom of your app to view your Home, Health, Benefits, Social and Profile pages.



On the web, things are right where they've always been.

LOOKING FOR PROGRAMS?

All your programs, resources and offerings are now in one place—on your new Benefits page. View your recommendations, save favorites or explore by topic.

WELLNESS WORKSHOP

CHANGES THAT LAST

presented by BCBSTX Health Coaches

Join the COSAWell Health Coaches Keith Thibodeux and Christopher Baker as they discuss goal setting methods that will last beyond the first part of 2021.

LIVE WEBINAR
THURSDAY, JAN 14
1-2 PM



HEALTHY RECIPE

EASY THAI PEANUT CHICKEN SALAD

makes 8 servings

Simply mix the ingredients below and serve over a salad, whole grain toast or in a lettuce wrap.

- 4 cans chicken breast in water (drained)
- 1 medium red pepper, finely diced
- 1 cup shredded carrots
- 1 cup shredded purple cabbage
- 1/4 cup green onion, diced
- 1/2 cup fresh cilantro, chopped
- 1/2 cup peanuts, chopped
- 3/4 cup nonfat Greek yogurt
- 1/3 cup all-natural peanut butter
- 2 teaspoons freshly ground ginger
- 1/4 cup lime juice
- 1 tablespoon soy sauce